Assess Your Fitness Level

Test 1 - Aerobic Fitness: Running or Jogging Test

Assessing your aerobic fitness is to time yourself on a 1.5-mile (2.4-kilometer) run or jog. The following times are generally considered indicators of a good fitness level based on age and sex. A lower time generally indicates better aerobic fitness, and a higher time suggests a need for improvement.

Age	Women: Time in minutes	Men: Time in minutes
25	13	11
35	13.5	11.5
45	14	12
55	16	13
65	17.5	14

Test 2 - Muscular Strength and Endurance: Push-up Test

Push-ups can help you measure muscular strength and endurance. If you're just starting a fitness program, do modified push-ups on your knees. If you're generally fit and able to do them, do classic push-ups. Follow these steps for both types:

- Lie facedown on the floor with your elbows bent and your palms next to your shoulders.
- Keep your back straight, push-up with your arms until they are extended.
- Lower your body until your chin almost touches the floor.
- Do as many push-ups as you can until you need to stop for rest.

The following counts are generally considered indicators of a good fitness level based on age and sex. If your push-up count is below the target number, the target can serve as a goal to work toward. Counts above the targets indicate better fitness.

Assess Your Fitness Level

Age	Women: Number of pushups	Men: Number of pushups
25	20	28
35	19	21
45	14	16
55	10	12
65	10	10

Test 3 - Core Strength & Stability Test: Plank

The Plank Test is a great way of understanding and benchmarking your core strength. It's simple and easy (it is tiring - but otherwise it wouldn't be a test!) to do.

Have someone (who understands proper plank form) time your plank using a stopwatch or a mobile phone. Timing should start as soon as you are in a proper plank position, and stop at exercise failure. This is subjective but it is suggested when it is not possible to hold a plank with 'good form'.

That's it! Once the test is complete, compare your plank time (in seconds) to the Plank Test Chart below and see how your core strength ranks against your age and gender.

KEY POINT: MAKE SURE YOUR PLANK TECHNIQUE IS STRONG. NO CHEATING!! TO CHECK THAT YOU HAVE PROPER PLANK TECHNIQUE WE'VE INCLUDED OUR HOW TO PLANK VIDEO AT THE BOTTOM OF THIS ARTICLE.

Age	Gender	Beginner	Improver	Intermediate	Advanced	Expert	Pro
18-35	Male	0-40	41-90	91-125	126-180	181-190	191+
	Female	0-30	31-60	61-90	91-130	131-150	151+
36-44	Male	0-35	36-70	71-105	106-150	151-180	181+
	Female	0-25	26-50	51-80	81-120	121-150	151+
45-54	Male	0-25	26-50	51-95	96-140	141-170	171+
	Female	0-20	21-45	46-75	76-130	131-140	141+
55+	Male	0-15	16-40	41-70	71-130	131-160	161+
	Female	0-10	11-30	31-60	61-120	121-130	131+

Assess Your Fitness Level

Test 4 - Body Composition: Body Mass Index

Your Body Mass Index (BMI) is a calculation that indicates whether you have a healthy amount of body fat or not. You can determine your BMI with a BMI table or an online calculator.
If you'd rather do the math yourself, divide your weight in pounds by your height in inches squared and multiply by 703. Or divide your weight in kilograms by your height in meters squared. (To determine your height in meters, divide your height in centimeters by 100.)

You can use this BMI Calculator to measure the Body Mass Index:
https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm
The following BMI results demonstrate whether you are at a healthy weight or not.

BMI	Weight status
Below 18.5	Underweight
18.5-24.9	Normal weight
25.0-29.9	Overweight
30 and above	Obesity